

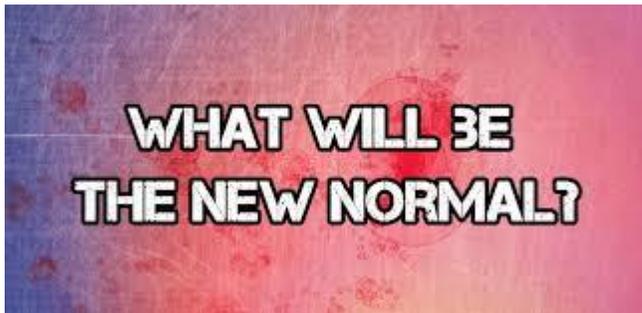
PrimeCare Medical, Inc.

PrimeCare Medical of WV, Inc.

PrimeCare Medical of NY, Inc.

Newsletter #3

Behavioral Health Services



What do they mean by the 'new normal'? The definition of New Normal is 'the current state of being after some **dramatic** change has **transpired**. What replaces the expected, usual, typical state after an event occurs.'

Over the last several weeks we have had a significant change in day to day life. There has been a lot of conversations about social distancing, quarantine, and isolation.

What Is Social Distancing? Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as courts, movie theaters closed, and sports events and religious services have been cancelled.

What Is Quarantine? Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

KNOW THE FACTS

Fact 1 - Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

Fact 2 - For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Fact 3 - Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

Fact 4 - There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash (or your elbow if no tissue is available).

Fact 5 - You can help stop COVID-19 by knowing the signs and symptoms:

- Fever, Cough
- Body aches
- Shortness of breath
- Loss of taste or smell

Seek medical advice if you develop symptoms

What Is Isolation? Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

So now the question that we are all asking is **What is next?**

What is Next?

As we move forward into May, it has become clear that we are entering a new phase of the COVID-19 emergency. How long this phase will last is unknown and each state is developing its own plan for re-opening courts, institutions, businesses, and recreation. This transitional phase will focus on preventing future outbreaks while continuing to see a decline in the number of new cases throughout your state.

This is a time filled with unknowns, which can illicit increases in stress and worry. It is important to recognize what is typical and what is not when experiencing high stress situations.

Recognizing what is typical and what is not

Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, such as the effects of the COVID-19 pandemic, can push you beyond your ability to cope.

Many people may have mental health concerns, such as symptoms of anxiety and depression during this time. These feelings may change over time.

Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious or afraid. You may experience trouble concentrating on typical tasks, changes in appetite, body aches and pains, or difficulty sleeping.

MINDFULNESS

Comes in many forms: meditation, self affirmations, breathing techniques and writing in a diary are all examples of mindfulness.

8 steps to Mindfulness Meditation

1. Create time & Space – choose a regular time each day
2. Set a time – start with 5 minutes and ease your way up to 15 minutes
3. Find a comfortable sitting position such as crossed legged on your bunk
4. Check your posture – sit straight up in a comfortable position. Relax shoulders and close your eyes
5. Take deep breaths to help settle your body
6. Direct attention to your breath – focus on the part of your body where the breath feels prominent
7. Maintain attention to your breath – as you inhale and exhale focus on the breath
8. Repeat steps 6 & 7 for the duration of the session. Your mind will wander, simply acknowledge this and return to your breath

When these signs and symptoms last for several days in a row, make you miserable and cause problems in your daily life so that you find it hard to carry out normal responsibilities, it's time to ask for help.

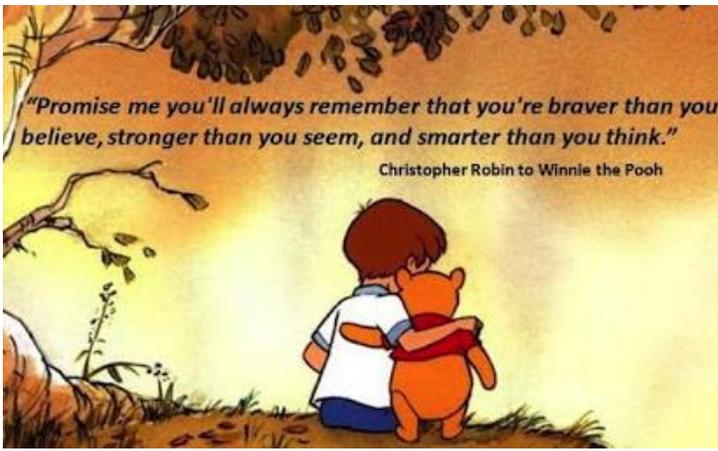
Asking for help and accessing Behavioral Health Services

If you start to have thoughts of self-harm or suicide, please inform ANY staff member immediately and you will immediately be referred to the Behavioral Health Staff and/or nursing staff.

If you are experiencing a change in how you are feeling or are experiencing increased feelings of depression, anxiety or other mental health symptoms, please inform any staff member and they will assist in making a referral to the Behavioral Health Staff.

Behavioral Health Staff will also be on the units to complete segregation rounds, sick call requests and to address emergent issues. Additionally, if your facility has tablets, you may continue to request services through the tablets.

Remember you are not alone



STRESS MANAGEMENT TIPS

Keep in mind that stress is not a bad thing – it motivates us to work towards solving our problems

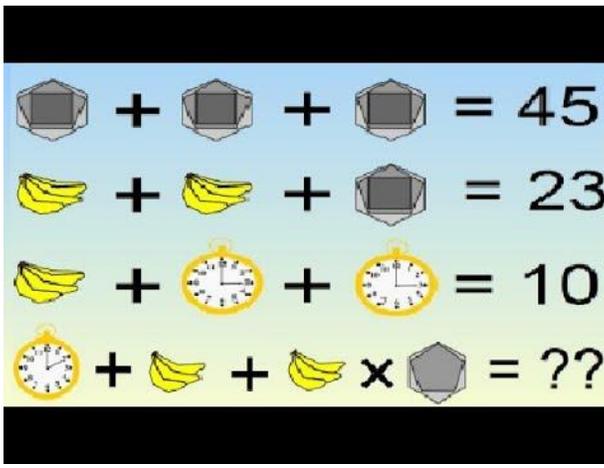
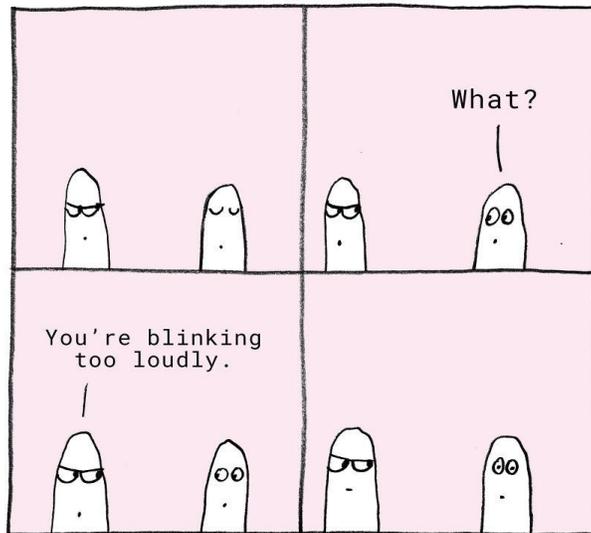
Talk about your problems, even if they won't be solved. Talking about stressors releases hormones that reduce negative feelings associated with stress

Prioritize your responsibilities – focus on completing quick tasks firsts and not having too many "to-dos"

Focus on the basics – such as eating well, keeping a healthy sleep schedule, exercising and other forms of self care

Set aside time for yourself - personal time gets moved to the bottom of the list when things get hectic. Set aside time for yourself each day, even if just laying on your bunk for a few minutes without interruption

Keep things in perspective – little problems can feel bigger than they are



Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
 yellow red black green white red
 white green red black yellow green
 black white yellow green red blue
 white green red black yellow green
 yellow red black green white red
 white green red black yellow green